



Tough Kids, Cool Counseling: User-Friendly Approaches With Challenging Youth

John Sommers-Flanagan, Rita Sommers-Flanagan

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Counseling kids can be difficult, especially when you are trying to work with children and teens who are resistant, confrontational, or noncommunicative. This book offers practical strategies for overcoming resistance, fostering constructive therapy relationships, and creating opportunities for client change and growth. John and Rita Sommers-Flanagan clearly enjoy working with kids no matter how tough and their infectious spirit and creative techniques will help you bring renewed energy into the counseling process.

In this second edition, the authors offer a new chapter on resistance busters and present updated and fresh ideas for establishing rapport, carrying out informal assessments, improving negative moods, modifying maladaptive behaviors, and educating parents. Suicide assessment, medication referrals, and therapy termination are also discussed in this helpful resource.

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